TELUS Wise®

Kindness chain activity

Help students promote positive and kind behaviour by creating a visual representation of their commitment to kindness, both online and offline.

Materials:

- Strips of coloured paper (approximately 1 inch wide and 6 inches long)
- Markers, crayons or pencil crayons
- Glue sticks and/or tape
- Scissors
- A large bulletin board or wall space for display

Overview:

Begin by discussing the concept and meaning of kindness with students, explaining how being kind online is just as important as being kind in person. Discuss examples of kind actions they can take online, such as saying nice things, helping others and not participating in or encouraging cyberbullying. Reinforce the idea that everyone's actions can make a difference in creating a positive and supportive environment, and explain how the kindness chain will serve as a visual representation of this.

Instructions:

Creating the strips:

- Give each student several strips of coloured paper
- Ask students to brainstorm different acts of kindness they can do online or in person (e.g., "I will say something nice to a friend," "I will help someone who is feeling sad," "I will share something positive online")
- Have students write one act of kindness on each strip of paper and encourage them to decorate their strips with drawings or stickers

Forming the chain:

- Demonstrate how to create a chain link by forming a loop with one strip of paper and securing the ends with glue or tape
- Help students continue the chain by adding links: thread each new strip through the previous loop and secure it
- Repeat until all links are connected

Follow-up:

- Display the chain in a prominent location (classroom or school library)
- Remind students that each link represents their commitment to being kind and respectful
- Consider having a class discussion and reflection
- Option to maintain as an ongoing project, adding new links throughout the year

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